

UPDATE

National Walk Our Children to School Day

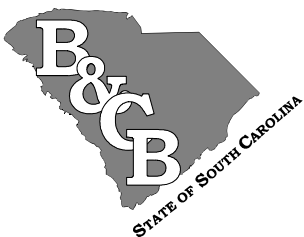
During *Walk our Children to School Week, October 2 - 6, 2000*, parents, caregivers, school faculty/staff and children are encouraged to walk to school together as many days as possible. *Wednesday, October 4, 2000* is *National Walk Our Children to School Day*. The goals are to:

- Encourage everyone involved to take advantage of the **health benefits of regular, daily walking**.
- Encourage adults to teach children **safe pedestrian behavior**.
- Help children practice taking **safe routes to school**.
- Create an awareness of how safe and user-friendly for walking a community can be and **where improvements can be made**.

This national event is sponsored by the **Partnership for a Walkable America**, a coalition of health, safety and transportation organizations interested in promoting healthy, safe and accessible walking for all Americans. Coalition members include the Centers for Disease Control and Prevention, the National Safe Kids Campaign, the U.S. Department of Transportation, WALKING Magazine and the National Safety Council.

If you have school-aged children in your family, find out if their school is planning to get involved. If not, you may wish to get that school involved through the Parent Teacher Organization of the school. You learn more about this event at <http://claire.hrsc.unc.edu/publicaware/walk/> or you may contact Lynn Hammond at lynnhammond@prodigy.net.

We encourage you to walk a child to school during this special event and hope you will make regular, physical activity a part of your life.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
September 2000

